BUTION IS STRIC STAR POP

YES the Arctic Monkeys got booted out of the Met Bar (see Goss) but that doesn't make them bad people. In fact, Alex Turner, 20, was a right laugh after the Q Awards. I had a good 10-minute chat with him and understood little of it. But he was friendly and said something like: "Cheers for the support Joe. You've always been quality about us and the Daily Star has been the business."

Obviously, he said it in a Northern accent rather than my translation...



RAZORLIGHT JOHNNY **GETS NEW NICKNAME**

EXCLUSIVE

JOHNNY Borrell has been nicknamed Mariah by his

The Razorlight frontman - not shy about enjoying all aspects of - has been given the new title as a result of his somewhat eccentric demands

somewhat eccentric demands.

I'm told: "The band call him Mariah, after Mariah Carey, because of his ridiculous stylings.

"He is a bit of a diva – which he'd be the first to admit – but he doesn't take it very well when they call him it to his face."

At the Q Awards this week, Johnny 26, refused to present an award until the last minute.

And a Q insider told me: "He really annoyed us with loads of bloody demands.

"First he said he couldn't come because of a family illness.

"Then he said he would come, but only if he could perform an acoustic song first."

And it also appears that Johnny, pictured left – whose band's album Razorlight is one of the best CDs of the year – also has very precise rules when it comes to his trademark white skinny jeans.

Baggy

I'm told: "Those jeans have to be shipped over from Sweden. "And then he will only wear them on stage twice before they are dispensed with.

"Apparently they get too baggy at the knee after that and it annoys him."

I was arguing with someone the other day about him being a bit of a pillock.

And my view is I WANT my rock stars to be like that.

That's part of their job as far as I'm concerned.

And if Johnny wasn't like it what would I be writing about today?

I thank you.



TROUBLE BROWING

CHRISTINA Aguilera checks her eyebrows are still intact in her new video with Diddy, 36. Pouty Aggy, 25, has already hit TV screens with their tune – Tell Me – and the foxtrel also hopes to emulate the success of Beautiful with her new track Hurt. Such pressure is enough to give anyone a headache.



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IT'S X-TRA

XFM have some of the UK's best rock acts at next month's Winter Wonderland gigs. Glasgow gets **The Fratellis** on

Wonderland gigs.
Glasgow gets The Fratellis on
the 7th, Manchester has Manic
Street Preachers - with Nicky
Wire, left - on the 8th, and
London hosts The Kooks, and
The Automatic on the 9th, You
can buy tickets in aid of Shelter
at www.xfm.co.uk

IT'S been a long time since former spice Girl Mel C lenled a Spice reunion But she's done it aga this time on Radio 1. She said: "I don't hink you will see the ay when it will happe mafraid."



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the latest telly gossip



with Soaps Editor KATIE BEGLEY e-mail: katie.begley@dailystar.co.uk



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Tilsley will create Christmas Day mayhem from beyond

Day mayhem from beyond the grave.
She will get her revenge over hated daughter-in-law Gail Platt in a blockbuster hour-long special.
Gail's son David discovers one of Ivy's old diaries and to his horror reads an entry about how his mum wanted an abortion when she was pregnant with him.
Furious David (Jack P Shepherd, 18) wraps up the diary in festive paper and hands it to his mum as a gift over the turkey.

his mum as a gift over the turkey.

Giggling Gail (Helen Worth, 55) rips open her present and is mortified when she realises what it is. Heartbroken David reads from the diary aloud: "May, 1990, Gail went to have an abortion today. "She hates having the unborn child inside her and wants it dead. Martin

CORONATION ST.

got there just in time to stop her killing it."
David adds: "So, mum, that"l be me that you hated and wanted dead, then."
Ivy was played by Lynne Perrie for 13 years until bosses sent her character to a religious retreat in 1994 before killing her off.
Lynne died from a stroke in March aged 74.
Ivy had a long-running feud with Gall, who she blamed for the death of son Brian (Chris Quinten, 49).
A source said: "Ly would certainly have enjoyed the embarrassment her diary, written over 16 years ago, will now bring to Gail."

Sis 'n tell

BATTLEAXE Edna Birch begs sister Lily's forgive-ness for stealing her son. She has raised Peter as her own since taking him away from Lily when her little sis was a teen mum. But Edna (Shirley

EMMERDALE

Stelfox, 64) runs into Lily (Anne Charleston, 64) at a party and an insider said: "Lily has never been able to forget about her son." Viewers will be kept guessing whether Edna will tell Peter the truth.



BATTLEAXE: Ivy takes on Gail

EastEnders

HONEY Mitchell turns her back on hubby Billy when he refuses to put their Down's Syndrome baby up for adoption. The dippy brunette (Emma Barton, 30) walks out on them after admitting she will never love little Petal. Billy (Perry Fenwick, 44) finds a note in the baby's cot saying: "I'm sorry, I can't stay." An insider said: "They just want different things and neither one is prepared to give. It'll be heartbreaking to watch them fall apart."

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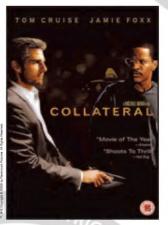
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pes down

TELLY babe Billie Piper looked less than glam after a slap-up meal at celebrity restaurant The Ivy.

The ex-Doctor Who star, 24, was more camera shy than usual as she left the posh nosh place in central London.

Billie stars with American JJ Feild, 35, in new BBC1 drama Ruby In The Smoke this Christmas. She plays feisty heroine Sally Lockhart in the telly version of Phillip Pullman's Victorian novel.

Council axe 'political correctness

POLITICALLY correct council chiefs have banned staff from using the phrase "political correctness".

They claim it is just not politically

Other outlawed words include "policeman" and "chairman" because they

£91k sick note

A COUNCIL traffic light engineer earned £91,000 last year while he was off sick. Ian Smith, 53, got his salary of £71,000, plus bonuses and overtime of £20,000. Birmingham City Council is thrashing out a new wage system with unions to end "outmoded and unfair practices".

■ by JERRY LAWTON

exclude women. The bans are outlined in a 44-page dossier by West Yorkshire-based Kirklees Council as part of its "diversity and equality policy".

But angry council staff and a local MP have attacked the crazy crackdown.

Phillip Davies, Tory MP for Shipley, West Yorks, and a patron of the Campaign Against Political Correctness said: "The policy is full of either the blindingly obvious or utterly ridiculous nonsense.

"How much is it costing to produce this garbage?"

Council leader Robert Light promised the "overzealous" dossier would be retrafted.



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NEW ROLE: Billie

lops for telly.. Star Tops for telly..

Grace is one sexy

CIRQUE de Celebrité babe Grace Adams-Short has revealed that she wants to have sex on a trapeze.

The Big Brother blonde, who found love with housemate Mikey Dalton, 23, says she wants to join the "Mile High Club" in the show's big top.

The 21-year-old dance teacher said: "While doing the show I have become much more flexible.

"When the show has finished I really want to have circus sex." "I can get into all sorts of positions now and it's got to be done on a trapeze!"

© Cirque de Celebrité is on Sky One on Sundays at 7pm.



NINE teenage tearaways are set to be turned into glamorous models in a hot new telly show.

But expert Michelle Fryatt has her work cut out to perform the transformation in Asbo Teen To Beauty Queen.

Teen To Beauty Queen.
The naughty nine – Pavia Ward,
Laura Wilde, Kerry Turner, Ellen
Murph, Ashlie Robinson, Rachel
Stewart, Elena Demetri, Neisha
Berryman and Sarah Snabities –
all have problems at home because
of their anti-social ways.
But the biggest problem US fashion guru Michelle faces is not their
swearing and arguing – it's getting
the girls to ditch their tracksuits
and try on stylish outfits.

World

Michelle has enlisted the help of a string of make-up artists and hairstylists to help turn them from chavs into babes.

And the top candidates will go on to compete in a huge beauty pageant in Chicago.

A show insider said: "These girls need a lot of work if they are even going to be allowed to take part in the beauty contest.
"They are used to wearing slobby clothes and lounging around. They need to learn that there is more to life than being a Vicky Pollard.
"Kerry has been drinking since



togetherness, keep it going past Christmas

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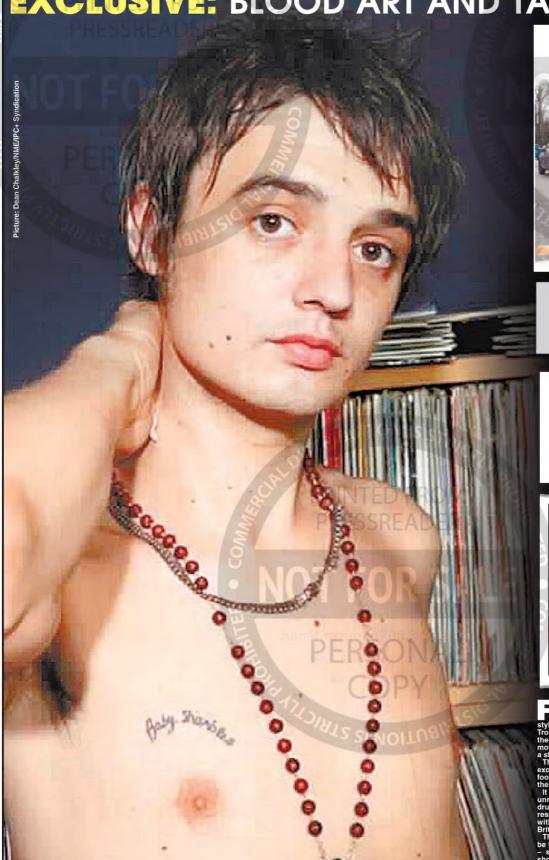
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EXCLUSIVE: BLOOD ART AND TANTRUMS AS







BEGINS

THE BIG CHRISTMAS COUNTDOWN

Centre Pages



THE

ARE you overworked and agitated? Do you struggle to get on top of every-thing? You're not alone. Stress costs the British economy £3.7billion every year and it's a problem that's getting

TV honey Gail
Porter, 35, below,
blames the stress of her
marriage breakdown for

her hair loss. Nicole
Richie, 25, left, says her eating
order was caused by stress.
Increased competition

in the workplace, the rising cost of living and spiralling debts mean people are suffering from

people are suffering from higher stress levels.

A survey by human resources firm
Ceridian found that a quarter of sick days taken were due to work-related stress.
It's something people
don't like to talk about, vet it can lead to

EVERYONE'S experience of stress is different but here are some tips to help you through it.

Identify the times when you feel tense by keeping a diary. Once you've pin-pointed the problem, it may help to talk it over with family or friends. Identifying your key stress times also means you can use relaxation techniques and prevent the tension building.

CONSULTANTS in the NMS reckon the service spends around £300million a year on removing unwanted tattoos. Almost 200,000 pieces of body art were removed last year alone. Try these simple relaxation techniques: Take slow breaths in and out, holding the in breath

panic attacks and chest pain and, if untreated, even heart attacks and strokes.

Today is National Stress
Awareness Day, so it's time to take stock of your lifestyle and make whatever changes are necessary to ease the pressure. Dr Garry Savin, of Preventicum clinic which specialises in stress-related illnesses, says: "Stress can be a major contributory factor in a whole range of

"Stress can be a major contributory factor in a whole range of conditions. It's a major cause of depression as the pressures of modern life increase.

"It is often poorly recognised but is common and can be eminently managed given the right diagnostic tools and lifestyle adjustments. The

style adjustments. The key is getting to the source of the problem."

Here, KATE

JACKSON and

LINDA HARRISON take a look at the top wavs vou can avoid becoming a victim of stress.

SPOT THE SIGNS

graines, irritable bowel syn-ome and tension headaches

stomach is knotted, the likely to be stressed. signs include difficulty ing, irritability and drink macking too much.

HOW TO HANDLE IT

for a couple of seconds before exhaling. Repeat 10 times. This will slow your heart rate and give you time to collect your thoughts and focus. Twist your head round to the side, so you're looking over your shoulder, hold and relax. Twist the other way.

way.
Try fully tensing up your shoulders and back muscles for a couple of seconds then relaxing completely.
Set aside times to relax on your own. How about a long hot bath

or a walk in the park? Turn your mobile off and make yourself unavailable.

unavailable.

Even if you can't take a proper break at work you should get some fresh air for five minutes.

Exercise can help reduce stress. If you're feeling irritable a good pounding of the treadmill or a boxercise class can do wonders.

Watch your boozing. You might feel tempted to reach for a bottle of wine to relax but drinking can

increase anxiety. It also means you won't sleep as well as you should and could lead to dependency.

Take up a hobby which doesn't have deadlines or pressures, whether it's learning to play a musical instrument, doing the crossword or hiking through the countryside.

If symptoms persist and you find these tips aren't enough then see your GP. The doctor will be able to refer you to a counsellor or prescribe medication. Just don't struggle alone.

For more help and advice on stress see www.patient.co.uk or call HOPELineUK on 0870 170 4000.

CONSULTANTS in the NHS reckon the

NEWSPAPERDIRECT STRICTLY FORBID

THE CHRISTMAS PARTY COUNTDOWN

160

WITH November arriving you've officially got one month to get into shape before the Christmas party season.

STAR LIFESTYLE

But as temperatures drop it's harder to drag yourself down the gym and far more tempting to pig out in front of the TV.

Don't worry if you've been piling on the pounds – we've got perfect tips to help you squeeze into the ultimate party frock by December.

We guarantee our diet and fitwe guardine out the faith in-ness guide will make you drop a dress size in four weeks and get ready to party like Paris Hilton, 25, far right. LINDA HARRISON and KATE JACKSON reveal how.



FIVE-STEP DIET PLAN

A GOOD BREAKFAST: It's the most important meal of the day and if you fill up before you start the day you'll be less tempted to go for that mid-morning snack.

Opt for a healthy fruit smoothie – throw a banana, some blueberries and natural yoghurt in a blender or juice some raw vegetables such as carrots. Make sure all the fruit and veg you use is as fresh as possible.

If you've still got room, opt for a bowl of porridge or even a couple of slices of wholemeal toast with a low-fat spread or Marmite.

slices of wholemeal toast with a lowfat spread or Marmite.

Cereal is also good but avoid the
sugar-laden types like Coco
Pops and opt for the more natural alternative like muesli.

And if you haven't already
then it is about time that you
switched to skimmed or even
semi-skimmed milk instead of
the full-fat stuff.

the full-fat stuff.

SNACK HEALTHY: If
you really want to snack
during the day, avoid chocolate and crisps at all costs.

Take some dried fruit and
nuts to work and munch on
those instead.

Keen pleaty of facility

nuts to work and munch on those instead.

Keep plenty of fresh fruit such as apples, above left, and grapes with you. Bananas are nigh in serotonin and are great for Keeping those winter blues at bay.

If you keep a positive state of mind you're more likely to stick to a healthy diet plan.

ENJOY LUNCH: When it comes to lunch you can still indulge in some comfort food. In fact, if you are craving carbs, now is the best time to have them.
Opt for things such as jacket potatoes with a low-fat spread, cheese and baked beans or tuna – without mayonnaise.

Make salads yourself to take to work and you'll avoid the high-fat dressings that are s o me t i me s added to the shop-bought selads.

shop-bought alads. If you fancy a sandwich, go for whole

meal bread with low-fat fillings.
Seafood or fish are good

Seafood or fish are good because they also contain Omega 3 oils. You can add some salad to work towards your five fruit and veg a day.

4 EARLY DINNER: Eat dinner earlier rather than later and avoid food totally after spm if possible. Stick to grilled fish or chicken with steamed yee, such or

Stick to grilled fish or chick-en with steamed veg, sush or stir-fries with brown rice. Avoid fried food or red meat. If you must have a fry-up, eat it in the morning and go for a run a couple of hours later. 5 NO BOOZE! There are alcohol – just one glass of wine with dinner will add 100 calories. calories. The weight will fall off if

you're on the wagon for a month and then you can let your hair down in December.



EXERCISE 3 TIM

JUST watching what you eat will help to shift a few pounds but if you really want to blast your body you've got to get moving. Exercise will burn calories,

Exercise will burn calories, tone muscles and increase your metabolism. It will also give you radiant skin, improve your circulation (which helps in the battle against cellulite) give you more energy.

Don't worry if the thought of the gym sends shudders down your spine – there are plenty of ways of getting active without pounding the treadmill.

Celeb fitness trainer Mark Anthony believes you can make a difference in only four weeks.

Follow his exercises three

three

your cardio work. should use light wei filled water bottles an repetitions of each & Men can use heavier w

med water bottles at repetitions of each & Men can use heavier w DAY ONE: Legs at Squats, preferably hol medicine ball in fro you. Lunges ho weights or water bottle hands. And sit-ups. DAY TWO: Chest, st and triceps. Push-up holds – get down into tiup position, lower chest nearly touches t and hold for 15 seconds. Squat and pressweight in each ham hands to shoulders, rai above head as you go do a squat. Lower the arm come up from the squa Bench press—lie on a lilat surface, raise an



LOTTA BOTTLE: The perfect lunge

Stand slim. Improve your posture and you'll instantly look thinner. Hold and engage the abdominal muscles, drawing the pelvic floor up and pulling your stomach muscles in. You can do this absolutely anywhere while sitting, driving, standing and walking - to give a fitter and trimmer appearance.

Try investing in a pair of posture-improving wonder shoes, like Masai Barefoot Technology or Chung Shi. These are specially designed with an unstable sole so you have to work on your balance and posture.

They are also great cellulite-busters and encourage you to hold your abs in.

WHAT ELSE

Keep a note of everything you eat in the day, even if it's just one square of chocolate. It makes you much more aware of what you're putting in your mouth – and all those little treats you could avoid.

Don't skip meals. Eating the right foods will make you lose weight. Starving yourself slim will ensure that you are hungry.

This will mean that you are more likely to delve into the biscuit tin or binge on bad food.

Missing meals will also lower your

clothes choice from to slimmi Origin

metabo burn c have tv fruit, fa keep y junk fo

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IT'S HIGH TIME TO START GETTING INTO SHAPI



AN I DO?

bench or ns with

olism, which means you will alories slower. Make sure you we healthy smacks a day — like at-free yoghurt or raw veg to our blood sugar up and your od cravings at bay.

s yourself thin. Use your to hide and restrain your bits. Girls, there's a huge of slimming lingerie out there, unmy-control pants to full-on ng body stockings. he new Trinny and Susannah al Magic Knickers. The

Tummy Flattener Thong and The Bum Lifter are \$30 each and The Bum, Tum and Thigh Reducer is \$35, available from lingerie departments across the country.

Don't get obsessed with your weight. Muscle weighs more than fat so you might be toning up without actually losing any pounds.

Instead, choose a pair of jeans that are slightly tight at the beginning of the four-week diet and fitness regime and try the same pair on at the end of each week.

each week.
You'll hopefully be able to slip into them easily by the end of the month. In fact you might even need to buy a smaller size!

WALLSON OF STREET

NUTRITIONISTS have NUTRITIONISTS have found that a diet that's low in saturated fats but rich in viscous fibre (found in oats and barley) can reduce cholesterol by up to 29%. The diet also has to include soy protein, almonds and plant sterolfortified margarine (such as Benecol and Flora Pro.active). Pro.active).





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o is driving

I AM pretty successful at getting women into bed but I just never seem that interested in them when the morning arrives

arrives.

I don't know why, because I never go with women I don't fancy.

But when it comes to being together in the morning I just can't bear the idea and have to bolt for the door.

The tried not sleaving

for the door.

I've tried not sleeping with people until after a couple of dates, but even that doesn't seem to work as I've still gone off them over breakfast.

over breakfast.
I'm starting to worry
that I will never settle
down and have a proper
girlfriend because of it.
PAUL MURPHY, 32, Saltburn.

PLEASURE

THE PLEASURE PROFESSOR SAYS: All our experiences teach teach us something about our-elves. Our about

about ourpartners offer us a mirror
in which to see the often
deeply hidden parts of
ourselves, so I have to
ask, how interested are
you in yourself?
When the morning

you in yourself?
When the morning arrives do you actually want to run from you?
I expect so. Why is this?
Are you a good person?
Are you selfish and dull?
Is what you think, say and do in line? Or are you dishonest with your self and others?
Are you kind to neonle

Are you kind to people you meet? Are you grateful for what you have in your life?

Address these issues and when you begin to like yourself more, sort of partners that are more than a superfi-

cial attraction. Modern therapies such as the latest NLP transformation process can help you break negative patterns.

Sexercise of the week

Lotus

HOW TO DO IT:

Not one for the faint-hearted. Super-fit Madonna, 48,
and Gwyneth Paltrow, 34,
are fans. Start by sitting on
a mat and put your right
foot on the left thigh. Start
bouncing the right knee.
If the bouncing knee
touches the floor easily then
bend your left knee. Take
hold of your left foot with
both hands, gently bring it
over the crossed right leg
and place it on the right HOW TO DO IT:

thigh. Your hands should be kept on the knees with palms open. Your thumb and second finger of each hand should touch and form a

letter O.

As with all yoga positions, make sure you concentrate on your breathing.

HOW IT WORKS: Experts reckon that any type of yoga is great for your sex life. Not only does it make you super supple, but learning yoga or meditation tech-niques with a partner cor-

yoga or mediation tech-niques with a partner can actually cut stress by half. It's absolutely fantastic for keeping the body flexible and for meditation and concentration, it also has a calming effect on the mind and the nerves.

The Lotus Position is great

for keeping the spine erect and also for general good posture.

I HATE my job so much that it's starting to get me down. Some days I can barely face walking through the doors because I know it'll lead to eight hours of sheer boredom with people I can't stand.

I can't stand.
When I get home I'm normally so annoyed that
I can't sleep and am always really irritable
because work is at the back of my mind. My family has started to notice I've changed and become
a lot angrier than I used to be. Can you help?
DAWN, Stirling.

RON SAYS: You feel trapped in a situation that is less than ideal. My first question is has anything changed or has this been a slow and to witable decline into frustration? You need to take a grip of the situation. The job is a means to an end, so concentrate on the positives the money and any benefits you get. Then start to plan a change either in your current job or think of a move elsewhere. Use the fact you are bored to talk to a manager to check out opportunities for training or promotion. If this is still a problem you need to think about changing employer or even career.

HAVE you a diet that is healthy and will not AHAVE you a diet that is healthy and will not result in yo yo dieting with no result. I am three stone overweight and my daughter is five

Mrs E Y BROWN, Weybridge, Surrey.

Mrs E Y BROWN, Weybridge, Surrey.

GARETH SAYS: I'd look at "the pH miracle for weight loss" by Dr. Robert Young. The principles of alkalising your diet should help you to shed unwanted pounds.

The joy of eating this way is that it should also help your daughter normalise her weight through removing the acidic toxicity that stops some people reaching a healthy weight.

If you find these suggestions too challenging to deal with all at once then move more gradually towards a diet with once freshly prepared foods in it.

Make sure you are

foods in it.

Make sure you are eating some fresh (ideally raw) vegetables at least once a day and cut down on tins, packets and pre-prepared meals.

Cetting some

Getting some support or tips from a BANT registered nutritional could help you.

I can't budge baby bulge

A I DON'T seem to
be able to shift my
post-baby bulge.
It's been almost eight
months since I gave
birth and I'm still
carrying excess
weight, especially
around the stomach.
Could you
recommend some
exercises to get me
back in shape as
quickly as possible?
SHANNON
BIRCHER, Didcot.

HARVEY SAYS: By

marvey savs: By all means you must take it slow after giving birth, but almost a year is pushing it. Now this

pushing it. Now this "quickly as possible" really can't be an issue for you since it has taken this long to wake up, so let's start your life with some walking that can even involve the baby in a pushchair. Shoot for half an hour to 40 mins the first week.

If you have access to a gym get in there and take advantage of those cardio machines. Hit the elliptical for 40 minutes and watch the heart rate to burn those calories. Hit thas cardiole.

calories.
Hit that cardio
five times a week.
Hit the ab crunches
on the stability ball
for three sets of 15
reps. Use the ab
machines in the
gym to include
obliques for three
sets so when the
weight falls off you
look even more
fabulous.
If you are able to
jog, incorporate
this into your
cardio workout.
Eventually get
your cardio up to
an ahour until you
get into a
maintenance
workout once you
are happy with
your wardie this
your wardio up to
an intenance
workout once you
are happy with
your weight loss.
Watch your food
portion sizes, too.
You have to burn Hit that cardio

you have to burn more calories than you take in – so you need to go for healthy snacks and meals with small portions.

THE UK has one of the highest rates of death from heart disease in the world - one British adult dies from the disease every three minutes. And strokes are the country's third biggest killer, with 70,000 victims a year.

RESEARCHERS
in the US have found
that the common cold
that the common colds
can lead to memory loss
and even to dementia.
The theory is the infection
causes an injury that builds
up over time and can
lead to memory
problems.

ny, have always suffered from spots (not le) but I just can't seem to shift them, know every cleansing routine there is know. I've even stopped using shaving m and steam my face. Can you help? TERRY, Merseyside.

gravate the condition.
alpha hydroxy skin peeling and
products such as glycolic acid,
vitamin C and vitamin A useful
in trying to manage the symp-toms you have described by
exfoliating the skin, helping to
soak up excessive oil and clos-

JUNKIE SINGER'S LIFE IS REVEALED ON



ALTHON IS SER





e the crazy world of and the crazy world of







ILEY

he stumoff his

s roll, he drugs, r super-

- to be Sunday singer in at his at listen-Hour ...

feature,

pictures vn blood lown his Moorish – the mother of his son, Astile – when she tells him he has to ditch drugs forever

 Punching and spitting in the face of a BBC cameraman filming him in his flat

Telling how he wanted to name his son Peter but was banned from it by Moorish and Proudly showing off one of his "works of art" scrawled on his flat well

The painting includes the phrase: "If you lose your faith take mine."

Other works of art in the flat include a picture of himself which the army major's son has defaced by drawing "tears of blood" on the face.

The singer is seen going to court on drugs charges and having to cancel a UK tour and head off for more rehab.

At one stage, a clearly stoned

WAR AND A STREET

and mumbling Doherty claims falling in love had tipped him over the edge into drug oblivion. He also tells of his fear that his addiction to hard drugs was

perate to "score" some more.
Another heart-tugging scene
shows the clearly drugged-up
star begging to be left alone in
his flat when he's told he needs
to leave for a gig.

ellow members of Babyshambles talk of how they
expect the band to disintegrate at any time and speak of
their anger at Doherty's failure to

Drummer Adam Ficek says: "The main problem is getting Pete out of his house. When he's out he's fine. So you have to employ certain tactics."

At one point a clearly out-of-it and pathetic-looking Pete is

seen getting a dressing-down from former love Lisa, 33. She angrily tells him: "Get

clean, get clean and everything will change."
In another scene Doherty duets with lover Kate Moss, 32, at a gig in Dublin before being joined on

MacGowan, 48, who's had his own battles with booze and drugs. Fans in the packed venuwatch as the two singers team

watch as the two singers team up – looking like they are competing for who can mumble the most.

Asked on camera how he got

says; "I fell in love and had arguments with my manager. "There was no let-up in the

He tells how being jailed helped him churn out more material by giving him time alone to think. The star says: "In prison you're in a cage, You can't do anything. You have bursts of madness when you just want to sing." It made me write a lot I not

"It made me write a lot. I go very creative pacing up andown the room."

The documentary also covers the iconic musician as he leaves court after pleading guilty to possessing heroin and cocaine. And the star tells how he is trying to guit drugs for good – but

Doherty says: "I don't think complete abstinence is for me. But it's beginning to dawn on me that I can't take crack any more. "It's not just the Old Bill – it will

1*** your life up."

The Star Says: Page 6

Arena: Pete Doherty will be screened on BBC2 on



BBC One

6.00 Breakfast (W) (S) 69958401 9.15 Animal 24:7 (W) (S) 3749371 10.00 City Hospital (W) (S) Followed by News (M) (S) Westber 20404 by News, (W) (S) Weather. 99401 11.00 To Buy Or Not To Buy (R)

(W) (S) 7815130 11.45 Hard Sell (R) (W) (S) Followed by News, (W) (S) Weather. 228888 12.15 Cash In The Attic (W) (S)

12.15 Cash in The Attic (W) (S) 7121807 1.00 BBC News, (W) (S) Weather 13081 1.30 Local News, (W) (S) Weather 12464325 1.40 Neighbours (AD) (S) 77794371 2.05 Doctors (W) (S) 84701159
 2.35 Murder, She Wrote Jessica

2.35 Murder, She Wrote Jessica investigates a murder. (R,S) 2347604
3.20 BBC News, (W) (S) Local News, Weather 361726
3.25 CBBC: ChuckleVision (AD) (R) (W) (S) 1005555 3.40 Arthur (W) (S) 980772 3.55 Watch My Chops (AD) (R) (W) (S) 9903623 4.10 The Story OI Tracy Beaker (AD) (R) (W) (S) 2143062 4.40 The Batman (R) (W) (S) 2143062 4.40 The Batman (R) (W) (S) 7180352 5.00 Blue Peter (W) (S) 6433265 5.25 Newsround (W) (S) 7193802

Neighbours Izzy tells Karl

nothing happened between them.
(AD) (R) (W) (S) 837739
6.00 BBC News (S) Weather 9
6.30 Local News Programmes,
(W) (S) Weather 91

BBC Two

7.00 CBeebies: Charlie And Lola (W) (S) 2531159 7.10 Boogie Beebies (R) (W) (S) 2544623 7.25 Tweenies (R) (W) (S) 5111333 7.45 Lunar Jim (R) (W) (S) 8663178 8.00 CBBC: Roar (W) (S) 3090888 8.55 Arthur (R) (W) (S) 5973401 9.20 Zombie Hotel (R) (W) (S) 3442244 9.45 Only In America (R) (W) (S) 4294468 10.20 The Fairly Odd Parents (R) (W) (S) 2101913 10.30 Even Stevens (R) (W) (S) 9988 11.00 Animal Park (W) (S) 9536 11.30 The Daily Politics (S) 55975 1.00 B&B The Best (R) (S) 37536 1.30 Working Lunch (S) 37536 7.00 CBeebies: Charlie And Lola

Working Lunch (S) 37536 Small Town Gardens Leading

2.00 Small Town Gardens Leadesigners recreate small outdoor spaces. (W) (S) 16877130
 2.15 Sun, Sea And Bargain Spotting From Fontainebleau. (R) (W) (S) 925449
 3.15 Castle In The Country (M) (S) 562471

(W) (S) 589401 3.45 Flog It! Valuing antiques at Parr Hall, Warrington. (W) (S) 1329333 4.30 Ready, Steady, Cook A selection of desserts. (W) (S) 291975 Weakest Link (R) (S) 3189197

Sudo-Q Quiz show. (W) (S) 81 Strictly Come Dancing - It **Takes Two** With Claudia Winkleman. (W) (S) 33

Channel 4

6.10

Cubeez (R) 6716371 The Hoobs (AD) (R,S) 3852772 The Hoobs (R) (SL) 3992159 Freshly Squeezed 91820 Frlends (R,S) 26555 Everybody Loves Raymond

,S) *36979* **Will & Grace** (AD) (R,S) *97420* 9.00 Frasier (R,S) 88772 9.30 Wakey Wakey Campers (R,S) 2453975

(R,S) 2493975 10.20 Designers Under Pressure (R,S) 2196081 10.30 Make Me A Grown Up (R,S)

Followed by 3 Minute Wonder. 11.00 The 100 Hottest Web

11.00 The 100 Hottest Web Searches 2005 (R.S) Followed by 3 Minute Wonder, (R.S) 4604 11.30 The KNTV Show (R.S) Followed by 3 Minute Wonder, 5333 12.00 News At Noon (S) 86456 12.30 Headland (S) 3243710 1.25 The King Of Queens (R.S) 1122319

1.50 FILM: McBride: It's Murder, Madam 2005 (PG) Premi Crime drama, starring John Larroquette. (S) 90395449

Larroquette. (S) 90395449
3.30 Countdown (S) 3956062
4.15 Deal Or No Deal (S) 3973449
5.00 The New Paul O'Grady
Show With Roger Moore. (S) 6604
6.00 The Simpsons (R,S) 49
6.30 Hollyoaks Nancy campaigns to
get Becca released. (S) 71

Five

6.00 Milkshake! The Save-Ums! DO MINIKShake! The Save-Ums! (R,S) 541/6941 6.10 Bear In The Big Blue House (R,S) 26469265 6.40 Hoobarb And Custard Too (R,S) 7506/1352 6.50 Hi-5 (R) (SL) (S) 677/2401 7.25 The Little Princess (S) 4559352 7.45 Make Way For Noddy (R,S) 5818159 8.00 Fin And The Fluventotic (RS) 2824/131 8.15 (R.S) 5818159 8.00 Fili And The Flowertots (R.S) 8341017 8.15 Peppa Pig (R.S) 9909159 8.20 Thomas & Friends (S) 2523307 8.40 Bird Bath (S) 4226913 8.50 Mio Mao (R) 4222197 9.00 The Wright Stuff (S) 8431352 10.30 Trisha Goddard A teenager who joined a cult. (R,S) 8773130 11.30 five news (S) 3537772 12.00 Home And Away (AD) (R) (SL) (S) 7365333 12.30 Brain Teaser 25518352 1.35 FILM: Thieves 1977 (PG) Drama following the problems endured by a couple in New York. Marlo Thomas stars. (S) 83285536 3.30 FILM: Columbo: An

3.30 FILM: Columbo: An Exercise In Fatality 1974 (PG) Detective drama, starring Peter Falk. (S) 6554975

5.30 five news, (S)
Weather 2453468
6.00 Home And Away The

survivors begin to lose hope of being rescued. (AD) (S) 2443081

6.30 In The Grid Quiz show. Followed by Weather. 2434333

ITV1

5.30 ITV News (S) 94081 6.00 GMTV (W) (S) 8236710 9,25 The Jeremy Kyle Show (R,S) 6723642

(R,S) 6723642

10.30 This Morning James May guests. (W) (S) 21178

12.30 Loose Women Girl group All Angels perform in the studio, and actor Paul Nicholas joins hosts Kaye Adams, Carol McGliffin, Coleen Nolan and Sherrie Hewson for celebrity news and topical debate. (W) (S) 80807

1.30 ITV News (S) 24062

2.00 The Price Is Right With Joe Pasauale. (W) (S) 975

2.00 The Price is Right With Joe Pasquale. (W) (S) 5975 2.30 Midsomer Murders Part two of two. Barnaby's investigations continue to uncover a web of deceit in affituent Midsomer Malham. (R) (W) (S) 43130 3.28 Local Weather (S) 3634913 3.30 CITV: Poccyo (R) (W) (S) 5048710 3.35 Curious George (W) (S) 9918555 3.50 Tricky Ouickies (R) (W) (S) 5024130 4.00 Grizzly Tales For Gruesome Kids (R) (W) (S) 8290449 4.15 Bel's Boys (AD) (S) 8273772 4.30 Jungle Run (W) (S) 2 5.00 The Price is Right Double bill. Comedian Joe Pasquale hosts an updated version of the classic gameshow. (W) (S) 8062

gameshow. (W) (S) 8062

6.00 Local News, (S) Weather 97 6.30 ITV News, (S) Weather 59



РМ

CRIMEWATCH: Nick Ross asks for the public's help after an attack left a teenager blind in one eye, 9pm

7.00 Child Of Our Time: The Children's Stories The story of how a boy has coped with his parents' separation. (W) (S) 4623

7.30 Real Story With Fiona **Bruce** Current affairs magazine which seeks out the people behind the headlines. (W) (S) 75

8.00 Car Wars Joining Manchester's Tactical Vehicle Crime Unit as they patrol the city, which has one of the highest

rates of car crime in England. Jamie Theakston narrates. (R) (W) (S) 6791 9.00 Crimewatch Appeal for

information on an attack that left a teenager blinded in one eye, and the story of an armed robber who was caught following a call to the programme. (AD) (W) (S) 6555

10.00 BBC News (W) (S) *16555* **10.30 Local News,** (W) (S) **Weather** *817517*

10.35 The National Lottery Draws (W) (S) 816888 10.40 Crimewatch Update (W) (S) 820081 10.50 One Life An irreverent

documentary that follows people from all over Britain who have an obsession with tanning. (W) (S) 519401

11.35 FILM: Arachnophobia 1990 (PG) Comedy horror, starring Jeff Daniels. (S) Followed by Weather. 602913

20 Sign Zone: Incredible
Animal Journeys (R) (SL) (W)
(S) 4284173 2.20 Sign Zone:
Ancient Rome: The Rise And Fall
Of An Empire (AD) (R) (SL) (W) (S)
4648821 3.20 Sign Zone: Digging
Deep (AD) (R) (SL) (W) (S)
52659442 3.50-6.00 BBC News 24 (S) 82430024



TORCHWOOD Gwen has visions of a lonely boy after finding an alien object,

7.00 Coast The team travel from Dover to the Isle of Wight. Geographer Nicholas Crane hangs off the cliffs near Beachy Head to discover how the chalk coastline was made. (AD) (R)

8.00 Natural World The work of Martyn Colbeck, who has photographed and filmed the African elephant in all its habitats. (AD) (W) (S) 201555

8.50 The Sheep Beside The Sea The bizarre story of a flock of sheep. (W) (S) 827884

9.00 Torchwood Gwen is haunted by the vision of a lonely boy when she retrieves an alien object from a fleeing hoodie.
(AD) (W) (S) 777449

9.50 Two Pints Of Lager And A Packet Of Crisps (AD) (R)

10.20 Look Around You
Comedy series parodying
Seventies schools and college programmes. (R) (W) (S) 683604 10.30 Newsnight

Jeremy Paxman presents a comprehensive round-up of the day's events. (W) (S) 926642

11.20 FILM: About Adam 2000 (15) Comedy, A smooth-talking charmer embarks on a whirlwind romance with an attractive

waitress - but can't resist beginning affairs with both of her sisters. Starring Stuart Townsend. (AD) (W) (S) 610807

12.55 BBC News 24 *9498647* **2.00** BBC Learning Zone: Schools: Key Stage 3 Bitesize Revision: English 3 (S) *52647* **4.00-6.00** Go For It! (S) *74734*



YOUR MONEY OR YOUR WIFE: Cesarina Holm-Kander helps a woman control her spending, 8.30pm

7.00 Channel 4 News Including sport and weather. (S) 313623 7.55 Rory Peck Awards 2006

Ali Fadhil discusses his film Iraq's Missing Billions, filmed in some of the country's hospitals where doctors are lacking basic equipment. (S) 629710

8.00 How Clean Is Your

House? Kim Woodburn and Aggie MacKenzie attack another messy home. (S) 6081
8.30 Your Money Or Your Wife A bank manager is about to find out about his wife's secret debt. (S) 2888

9.00 Brat Camp: What Happened Next An update on the girls featured in the last series – one year after their return from America – to see if the formerly troubled teenagers have gone back to their bad old

10.00 Goldplated Lauren's affair with modest Premiership player Russell ends in tears when he becomes violent with her, and the heated incident is captured by the paparazzi. (S) 7425284

11.05 Borat's Television Programme Part one. Comedy with Ali G's stablemates Borat and Bruno. (R,S) 323826
11.50 Borat's Television

Programme Part two. Comedy with Ali G's stablemates Borat and Bruno. (R,S) 928420

12.35 Diesel U Music Awards 2006 5504869 1.40 FILM: Frailty 2001 (15) Premiere. Thriller, starring Bill Paxton. (W) 247260 3.25 Goalissimo 7854173 4.20 Transworld Sport (R) (SL) (S) 4132647 5.15-6.00 Countdown (B.S) 8537032



THE BRITISH UFO MYSTERY STRANGER THAN FICTION: Nick Pope ran a section of the Ministry Of Defence, 8pm

7.00 five news (S) 2727517 7.15 Game Ranger Diaries

The team encounter an elusive leopard and a local tribe seek lion skins for an initiation ceremony. (S) Followed by five news update. 6264352

8.00 The British UFO

Mystery: Stranger Than
Fiction Documentary
investigating the unexplained
case of a UFO which appeared
over British airspace in 1993. (S)
Followed by five news at 9. 5627246

9.00 Perfect Day: The

Wedding Claire Goose and Aidan McArdle star in the second part of the drama trilogy. Amy prepares to tie the knot, but doubt emerges when her first love Pete suggests she may be marrying to settle rather than because she loves Tom. As the bride-to-be's worries become clear, other characters begin to address their own relationship crises. Best man Rob reflects on his immaturity and Jenny vows to be honest with her husband about their problems (S) 74736197

11.05 My Wedding Day Ruined My Life Fiona Allen presents a documentary showing how the happiest day in a bride's life can go wrong – from punch-ups at the reception to breaking up with the groom after just four hours. (R,S) 4132505

12.05 PartyPoker World Open II

Action from the latest heat, where professional gamblers compete alongside online viewers in high-stakes knockout poker games. . 78193734 1.35 NHL loe Hockey 39019463 4.30-6.00 Major League Soccer 6530395

CORONATION STREET: Maria is told to pack her bags and move out, 7.30pm

7.00 Emmerdale Rosemary accuses Eli of theft, and is delighted when Tom decides he wants Chas out of Home Farm. (AD) (W) (S) *9791*

7.30 Coronation Street A frustrated Charlie takes his anger out on Maria. (AD) (W) (S) 1

8.00 The National Television

Awards 2006 Trevor McDonald hosts the star-studded ceremony from the Royal Albert Cereinory from the hoyar Albert Hall, with categories including Most Popular Actor, Actress, Daytime Show, Comedy and TV Contender in a reality TV programme. Among those wing for gongs are Doctor Who's Billie Piper and David Tennant, and Big Brother's Nikki Grahame, Pete Bennett and Chantelle Houghton, while soap stars hoping for an award include Coronation Street's Sue Cleaver (Eileen), EastEnders' Lacey Turner (Stacey) and former Emmerdale star Ursula Holden-Gill (Alice). (W) (S) 668420

10.30 ITV News Including Local News and Weather. (S) 10371

11.00 Rio Ferdinand's Wind

 Ups Practical jokes played on footballers. (R) (W) (S) 672604
 11.35 Entourage New series. Ari has a commercial project lined up for Vince. (S) 249352

12.00 The Mint Interactive game show in which celebrities drop in to show in which celebrities drop in to chat and play along, (W) Followed by ITV News. 56011463 **4.05** The Jeremy Kyle Show. Jeremy invites guests to air their differences in front of a studio audience (R) (S) 5866050 **5.00** Nightscreen 59956

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN

SUTION IS &

9.25 Coronation Street (AD) (R) (W) (S) 1205623 9.50 Emmerdale (R) (S) 1214826 10.20 Oprah Winfrey (R) 2279791 11.10 Judge Judy (R) (S) 3890888 12.30 Coronation Street

12.30 Coronation Street
(AD) (R) (W) (S) 32/78
1.00 Emmerdale (R) (W) (S) 73/401
1.30 Jeremy Kyle (R) (S) 5097772
2.35 Jeremy Kyle (R) (S) 5097772
2.35 Jeremy Kyle (R) (S) 149/2265
3.40 Ricki Lake (R) 7035/420
4.30 Sally Jessy Raphael
US chat show. (R) 871/4/401
5.15 Airline (R) (W) 489/062
5.45 Judge Judy (R) (S) 49/6975
6.30 Jack & Kelly At The NTAs:
On The Red Carpet The
Osbourne siblings join forces at the
Royal Albert Hall to present their
first show together. 4/159
7.00 The New Adventures Of
Superman Starring Dean Cain

Superman Starring Dean Cain and Teri Hatcher, (R) 50449

and Teri Hatcher. (R) 50449

8.00 Hell's Kitchen Gordon
Ramsay challenges the final three
contestants to replicate a meal by
taste alone. (R) 69197

9.00 Me And My Breasts Female
celebrities including Fearne Cotton,
Rhona Cameron and Dita Von Teese
talk about their busts. (W) 49333

10.00 Test Drive My Girifriend A
student looks for love. (R) (W) 73410

10.30 Jack & Kelly At The NTAs:
Backstage Exclusive Osbourne
duo interview the winners. (W) 87130

11.00 Coronation Street Charlie
tells Maria he wants her out of the

tells Maria he wants her out of the

tells wann are wants ner out of the flat. (AD) (R) (W) (S) 29081

11.30 Me And My Breasts Buying a bra for the first time. (R) (W) 582284

12.35 Playdate: ITV Play 28328005

4.00 Playalong: ITV Play 87395

Survival (R) 6307401 6.00 Survival (R) 6307401
6.55 Peak Practice (R) 4389352
7.50 Revisiting Brideshead
Contributions by Jeremy Irons and
Sam Paul (R) 3815178
7.55 Ironside (R) 8144772
9.00 Rockford Files (R) 8854642
10.00 Upstairs, Downstairs Drama,
with Gordon Jackson. (R) 1755642
1.10 Aquita Christie's Point 6.00

with Gordon Jackson. (R) 775542
11.10 Agatha Christie's Poirot
Detective drama. (R) 4744265
12.15 Rumpole Of The Bailey
Courtroom drama. (R) 2936284
1.20 Faith in The Future Comedy

with Lynda Bellingham. (R) 5852772 1.55 Faith In The Future Comedy, starring Julia Sawalha. (R) 15105062 2.25 Ironside (R) 4746062

Ironside (R) 4746062
Goodnight Sweetheart
me-travelling comedy. (R) 3586246
Rockford Files (R) 7207449
Peak Practice (R) 2817333
Goodnight Sweetheart Ron
the Castin Japany. (R) 7869081

6.15 Goodnight Sweetheart Ron puts Gary in danger, (R) 7593081 6.50 Rumpole Of The Bailey Courtroom drama. (R) 8397197 8.00 Bramwell (R) 7608826 9.05 The Magnificent Seven Ron Perlman stars. (R) 6601642 10.00 Rising Damp Rigsby's divorce finally comes through. (R) 9253536 10.30 Touching Evil Several horses are vicinity of the Ref Vicinity Research (R) 88403555 are viciously attacked. (R) 68493555

are viciously attacked. (R) 68493555 11.40 Cracker (R) 5227555 12.40 Bramwell (R) 8389395 1.45 Peak Practice (R) (S) 3208531 2.40 Teleshopping 2785840 4.40-6.00 ITV3 Nightscreen 6866753

ITV4

6.00 Miami Vice A poet is given protection. (R) 60613081
7.00 The Saint A producer's daughter si kidnapped. (R) 58882555
8.00 FILM: Mystery Men 1999
7.00 A group of inort would be

(PG) A group of inept, would-be saviours leap into action when their local superhero is held captive by an evil criminal mastermind, Comic-book

evil criminal mastermind. Comic-boo spoof, starring Ben Stiller. 92/19/1994 10.15 American Gothic A recently released ex-convict returns to Trinity and takes up residence in the home of local man Carter Bowen, where his presence soon leads to recriminations and precipitates a tragedy Drama (B) 63172739

tragedy. Drama. (R) 63172739
11.20 Fil.Mr. Dracula: Prince Of
Darkness 1965 (15) Horror,
starring Christopher Lee. 76828062
1.15 Fil.M: Mystery Men 1999
(PG) Comic-book spoof. 13739208
3.25 Miami Vice (R) 18913753 4.10
Teleshopping 25781734 5.40 ITV4
hightergen 2686023 Nightscreen 93549227

THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NA



TELEVISON AWARDS: ITV1, 8pm

WHAT'S HOT TO WATCH

IT really doesn't matter if you already know who waltzed off with every gong at the NATIONAL TELEVISION AWARDS. Most of them were, let's face it, foregone conclusions in any case. But tonight's screening of the event (ITV1, 8pm), hosted by Sir Trevor McDonald and staged yesterday evening at London's Royal Albert Hall, gives us a fantastic chance to wallow in some of the greatest telly of the past 12 months.

months.
That, plus we get to take a peep at how our favourite celebs chose to turn out on the big night, and decide whether we reckon they looked like sex on legs or cheese

experience – and to gawp even more closely – don't forget to tune in to ITV2 for the pre- and post-show bits, from 6.30pm and 10.30pm respectively.

BEFORE the main terrestrial coverage gets underway, there's yet more drama in CORONATION STREET (ITV1, 7.30pm), as we witness the fallout from bullyboy Charlie's cheating. Tracy decides to dump all his gear in the garden, Maria makes it clear she'd rather eat a bowlful of her own foot fungus than have anything to do with him ever again, and David is so mentally scarred by what Charlie's put him through

that he actually decides — get this!
— that he'd rather be at school.
Needless to say, Gail fails to twig
the real reasons behind his
dramatic U-turn.

FINALLY, have you been lying
awake at night, wondering
what on earth happened to the
gobby girlles we met in the last
regular series of Brat Camp? You
know, the mega-stropy Lucy, the
hyper-spoilt Poppy etc. Well, fret no
longer, because in BRAT CAMP:
WHAT HAPPENED NEXT
(Channel 4, 9pm) you'll be able to
find out whether, one year on,
they've reverted to their obnoxious
old ways.

mike@mikeward.tv

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

*****Don't miss it ****Good ***Average
**Time filler *Garbage!

THIEVES (1977) *** Five 1.35-3.30pm.
Drama. Struggling married schoolteachers Marlo Thomas and Charles Grodlin face a variety of problems trying to cope with life in New York at the end of the 1970s. Also starring Irwin Corey, Anne Wedgeworth, Hector Elizondo and Mercedes McCambridge.

McBaridge.

McBRIDE; IT'S MURDER, MADAM
(TVM, 2005) *** C4 1.50-3.30pm. Thriller.

Lawyer John Laroquette springs into action
again when an aspiring actress who believes
she has it made after being offered a job when
she arrives in town, is then accused of
murdering her boss. Also starring Marta
DuBois and Matt Lutz.

DuBois and Matt Lutz.

COLUMBO: AN EXERCISE IN FATALITY (TVM, 1974) *** Five 3.30-5.30pm. Crime mystery. Dishevelled detective Peter Falk matches wits with a fitness expert who resorts to murder after a business associate exposes his criminal activities. Also starring Robert Conrad, Pat Harrington and Gretchen Corbett.

ABOUT ADAM (2000) **** BBC2
11.20pm-12.55am. Romantic comedy.
Charmer Stuart Townsend begins a whirtwind
romance with an attractive waitress but
complicates matters when he embarks on
affairs with both of her sisters as well. Also
starring Frances O'Connor, Charlotte Bradley
and Kate Hudson.

and Kate Hudson.

ARACHNOPHOBIA (1990) **** BBC1
11.35pm-1.20am. Cornedy shocker. New doctor in town Jeff Daniels has a really tough time convincing the locals that the series of unexplained deaths plaguing the place is being caused by a horde of killer spiders. Also starring John Goodman, Julian Sands and Brian McNamara.

Brian McNamara.

FRAILTY (2001) *** C4 1.40-3.25am. Horror thriller. Matthew McConaughey confesses to FBI agent Powers Booth that he is the deranged serial killer who is terrorising the community – but can Boothe really believe that he is telling the truth? Also starring Bill Paxton (who also directs), Matthew O'Leary, Jeremy Sumpter and Luke Askew.

REGIONAL VARIATIONS

BBC1 Variations WALES: 6.30-7.00 Local News 91 BBC2 Variations WALES: 7.00 Scrum V Live 677178 9.30-10.20 Torchwood 595401

BBC2 Variations WALES: 7.09 Scrum V Live 677178 9.30-10.20 Torthwood 505401 TTV1 Variations ITV1 ANGLIA: 3.28-3.30 Anglia Weather 63634915 6.00-6.30 Local News 97 ITV1 CENTRAL: 3.28-3.30 Local Weather 3634916 6.00-6.30 Local News 97 ITV1 CENTRAL: 3.28-3.30 Local News 97 ITV1 CHANNEI: 3.28-3.30 Puffins Platifice Final Health of the 100 Local News 97 ITV1 CHANNEI: 3.28-3.30 Puffins Platifice Final Health of the 100 Local News 97 ITV1 CHANNEI: 3.28-3.30 Puffins Platifice Final Local News 97 ITV1 CHANNEI: 3.28-3.30 Puffins Platifice Final Local News 97 ITV1 CHANNEI: 3.28-3.30 Puffins Platifice Final Local News 97 ITV1 CHANNEI: 3.28-3.30 VID News 97 ITV1 CHANNEI: 3.28-3.30 VID News 97 ITV1 CHANNEI: 3.28-3.30 VID News 97 ITV1 CHANNEI CHAN

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PRIVATE

THERE'S only one thing amazing about THE AMAZING MRS PRITCHARD (BBC1), and that's that some people still don't get it. All right, the tale of a humble supermarket manager becoming Prime Minister is a little farfetched. But if we're going to get into that argument, why not run down The Bill on the grounds that very few real police officers are that good-looking? It's not real, it's just TV. But perhaps the true reason why this daffy drama has met with a mixed reception is that it makes us a little uncomfortable. This was very evident last night, as scatterbrained Roz (Jane Horrocks) stunned the world – and herself – by announcing that all private car travel would be banned in Britain every Wednesday. Her Cabinet then tore itself apart

trying to limit the fall-out from this sensible but doomed promise, without

trying to limit the fair-out from this sensible, but doomed promise, without appearing to back-track or hamper their chances in a bye-election on the first "Green Wednesday".

They pulled it off – with a lot of behind-the-scenes back-stabbing, carefully worded statements and media stunts. In fact, the sort of thing real governments do all the time.

They make wild promises to boost their popularity. After which the dead-eyed administrators swoop in and change the plans, manipulating the media, so that everyone forgets exactly what was said. So when they've failed, they can still pretend it was a success. As her family falls apart and her Cabinet

...ON LAST NIGHT'S T

implodes, it's clear that Roz doesn't have a clue what she's doing. But she makes you wonder whether real politicians do either. Having wondered for some time what happened to real cookery shows, it was a treat to see IN SEARCH OF PERFECTION: HESTON BLUMENTHAL (BBC2). The cookery style might be from the planet Venus, but the award-winning chef's new show has a whiff of the old-school, Delia Smith-type approach. He stands in front of the camera, explains things and cooks dishes quite slowly so that people at home might have a chance of following his recipes. He's not the most electrifying presence on camera. But unlike some other celebrity chefs, he seems to love food more than he loves being a celebrity.

SKY ONE

FILMS

SKY MOVIES 1

6.55am The Patron Saint Of Liars (1997) (PG) Emotional drama, starring Ellen Burstyn. 57064130

Ellen Burstyn. 57064130 8.30 The Legend Of Frosty The Snowman (2005) (U) Animation, w the voice of Burt Reynolds. 7933 the voice of Burt Reynolds. 79333 10.00 Role Of A Lifetime (2001) (PG) Cornedy drama, starring Scott Bakula. 87201062 11.45 Between Love And Honor

(1995) (PG) Fact-based drama, with Grant Show, 57360536

Grant Show. 57360536 1.30pm The Patron Saint Of Liars (1997) (PG) Emotional drama, starring Ellen Burstyn. 52250159

Ellen Burstyn. 52250159
3.05 The Legend Of Frosty The Snowman (2005) (U) Animaton, w the voice of Burt Reynolds. 7420401 4.30 Role Of A Lifetime (2001) (PG) Cornedy drama, starring Scott Bakula. 48885246

6.15 Between Love And Honor (1995) (PG) Fact-based drama, wit

Grant Snow. 3605688 8.00 Without A Paddle (2004) (12) Comedy, starring Seth Green. 54361 10.00 Maximum Risk (1996) (18) Action thriller, starring Jean-Claude Van

11.45 The Punisher (2004) (18) Thriller, starring Thomas Jane. 25888401 1.50am The Machine (1994) (18) Sci-fi horror, with Gerard Dep Dubbed in English. 2697579

3.20 William Shakespeare's Romeo And Juliet (1996) (12) Classic romantic tale. 39997735 **5.40-6.00 UK Top 10** 3079550

SKY MOVIES 2

6.30am Ride To Freedom: The Rosa Parks Story (2001) (PG)

Drama. 73338438 **8.10 Hometown Legend (2002)**

8.10 Hometown Legend (2002) (PG) Drama. 1256888 10.00 When Zachary Beaver Came To Town (2003) (PG) Drama. 57246 11.30 Ride To Freedom: The Rosa Parks Story (2001) (PG) 34279536 1.05pm Christy: Choices Of The Heart 48758555 4.00 When Zachary Beaver Came To Town (2003) (PG) Family drama, starring Jonathan Lipnicki. 17643710 5.40 Top 10s Of 2006 Viewers vote for the year's best films. 916997

5.40 10p 10s 01 2006 Newers vote for the year's best films, 916997
6.00 Hometown Legend (2002) (PG) Drama, with Terry O'Quinn. 40664
8.00 We Don't Live Here Anymore (2004) (15) Premiere. Drama, starring Mark Ruffalo and Naomi Watts. 18449
10.00 The Amityville Horror (2005) (15) Horry cample, starring Ryan

Reynolds. 192791 11.35 Smilla's Feeling For Snow (1997) (15) Thriller. 31906159

1.40am The Pentagon Papers (2003) (15) Thriller, 784376 3.15 Commandments (1997) (15) Drama, 492173 4.50 6.40 Hometown Legend (2002) (PG) Drama, 72051918

SKY CINEMA 1

6.00am Babette's Feast (1987) (U) Drama. 90444569 7.55 Warlock (1959) (U) 66663284 10.10 Three Coins In The Fountain (1954) (U) Comedy. 89677888 12.00noon Babette's Feast (1987) (U) Drama. 54918284 **2.10 Warlock (1959) (U)** Western

42726994
4.35 The Greatest Story Ever Told (1965) (U) Biblical drama. 38753884
8.00 The Four Hundred Blows (1959) (PG) Drama, starring Jean-Pierre

Leaud. 9233994 10.00 Stolen Kisses (1969) (15)

Leaud. 4069517
11.50 St Ives (1976) (15) Mystery thriller, starring Charles Bronson. 7403178
1.40am A Taste Of Honey (1961) (15) Drama. 7028181 3.30 Popcorn 7355116 4.00 6.00 Three Coins In The Fountain (1954) (U) Comedy. 3219163

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

Eddie 5.10-6.00 Dream Team **BBC THREE**

7.00pm The Apprentice USA 7.45 The Real Hustle 8.00 Film: Cast Away (2000) (12) 10.15 Little Britain 10.45 Dogtown 11.15 Family Guy 11.35 Family Guy Midnight Two Pints Of Lager... 12.30 Two Pints Of Lager... Lager... 12.30 Two Pints Of Lager... 12.55 Ideal 1.25 Real Hustle 1.55 Grime Scene Investigation 2.25 Dogtown 2.55 Dog Borstal

6.00am Taste 7.00 Pokemon 7.30 Yu-Gi-Ohl 8.00 Futurama 8.30 Futurama 9.00 Scrubs 9.30 Scrubs 10.05 Law & Order 11.00 Cod Case 12.00noon Buffy 1.00 Scrubs 1.30 Scrubs 2.00 Cold Case 3.00 Buffy 4.00 Star Tek Voyager 5.0 Stargate SG-1 6.00 Malcolm In The Middle 6.30 Malcolm In The Middle 7.00 Simpsons 7.30 Simpsons 8.00 Stargate SG-1 9.00 Stargate Atlantis 10.00 The 4400 11.00 Scrubs

10.00 The 4400 11.00 Scrubs

11.30 More Big Ideas Midnight Battlestar Galactica 1.00 Ins

Ultimate 1.50 Mile High 2.40 Football Years 3.30 Inside Ultimate 4.20 Keen

BBC FOUR

7.00pm Afroar Rock 'n' Roll Years 8.00 The World; Weather 8.30 Nation On Film 9.00 Lonesome Dove 10.30 Lead Balloon 11.00 Never Mind The Full Stops 11.30 Mark Lawson Talks To Ridley Scott 12.30am Nation On Film 1.00 Kirsty Wark Talks To Alison Jackson 1.30 African Rock 'n' Roll Years 2.30 Lead Balloon 3.00 Never Mind The Full Stops 3.30 Kirsty Wark Talks To Alison Jackson

6.00am Music: Uninterrupted **7.30** Wake Up With Nas **8.30** Whatever You Want **11.00** Nothing But 1998 Noon Music: Uninterrupted 1.00 Freshly Squeezed Extra 2.00 The OC 2.55 Beauty And The Geek 4.00 Scrubs 4.30 Hollycaks 5.00 Friends 6.00 The OC 7.00 Hollyoaks 7.30 Scrubs 8.00 Friends 9.00 Desperate Housewives 10.00 Bo! In The USA 10.30 Star Stories 11.00 Goldplated 12.05am Sex And The City 12.45 No Angels 1.45 Desperate Housewives 2.30 Star Stories 2.55 No Angels 3.55 Beauty And The Geek 4.55 Switched 5.15 Switched 5.35-6.00 Switched

MORE4

NORE 4
10.25am Counidown 11.10 Deal Or
No Deal Noon Paul O'Grady Show
1.00 Film: The Card (1952) (U) 2.50
Thirtysomething 3.50 Film: The
Odessa File (1974) (Po) 6.05 Deal
O'No Deal 7.00 Property Ladder
8.00 News 8.30 Jon Stewart 9.00
Film: Inside Deep Throat (2005) (18)
10.50 Starkey's Last Word 11.20
Jon Stewart 11.50 Film: Inside Deep
Throat (2005) (18) 1.30am A Place
In The Sun Revisited

televisionX (SKY 903)

10pm Freeview 10.10 The Two
Jonnies 2 10.30 Eurochicks 2 10.35
A*** Teens 10.50 The Omar Show 13
1.00 Freeview 11.10 The Omar
Show 13 11.15 Glamour S**** 2
11.30 Road Trip: Cambridge 5
Midnight Treeview 12.10 Road Trip:
Cambridge 5 12.40 Gothic: Echoes
Of Madness 1.00 Ben Dover 14 1.20
Anna's Place 4 1.40 Twin Cheeks 2
2.00 A And O Department 5 2.20
Action Time 2 2.25 Pick Up Lines 76
3.50 Pick Up Lines 79

RADIO

RADIO

Radio 1 (FM: 97.6-99.8 MHz) 7.00
Chris Moyles. 10.00 Jo Whiley. 12.45
Newsbeat. 1.00 Edith Bowman. 4.00
Scott Mills. 7.00 Zane Lowe. 9.00 Jo
Whiley's In Live Music We Trust. 10.00
Colin Murray. 12.00 Huw Stephens.
2.00 Gilles Peterson. 4.00 JK And Joel.
Radio 2 (FM: 88-90.2 MHz) 6.00
Sarah Kennedy: Dawn Patrol. 7.30
Wogan. 9.30 Ken Bruce. 12.00 Jeremy
Vine. 2.00 Steve Wright. 5.00 Stuart
Maconie. 7.00 Nick Barraclough. 8.00
Mike Harding. 9.00 Courtney Pine's
Jazz Crusade. 10.00 Tears Of A.
Clown: The Story Of Smokey
Robinson. 10.30 Mark Radcliffe. 12.00
Janice Long. 3.00-6.00 Alex Lester.
Radio 5 Live (MW: 909, 993 kHz) 5.00
Morning Reports. 5.30 Wake Up To
Money. 6.00 Breaktast. 9.00 Victoria
Dertyshire. 11.35 Prime Midnister's
Questions. 12.30 The Midnister's
Cuestions. 12.30 The Midnister's
Cuestions. 12.30 The Midnister's
Champions League matches, including
FC Copenhagen v Manchester United,
Arsenal v CSKA Moscow and Benfica
v Celtic. 1.00 6-0-6. 11.00 Anita
Anand. 1.00 Up Al Night.
Virgin Radio (MW: 1215, 1197, 1242 V Cettic. 10.00 -bc, 11.100 Annica Anand. 1.00 Up All Niight. Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00 Christian O'Connell. 10.00 Russ Williams. 1.00 Neil Francis. 4.00 Martin Collins. 7.00 Ben Jones. 10.00 The Geoff Show. 1.00 Greg Burns. 4.00 John Osborne.

SPORT SKY SPORTS 1

6.00am You're On Sky Sports! 53284 7.00 WWE: Heat 46517 8.00 Football Asia 14284 8.30 Live International Cricket Australia

v New Zealand. 1045505 5,00pm World Of Golf 2062 6,00 European Tour Weekly 7587 6,30 Total Rugby 1449 7,00 Soccer Special News and results from treated to results and results from

tonight's matches, 273536
10.00 You're On Sky Sports! Grass-roots

football comment. 59710

11.00 J League Weekly Highlights. 36371

11.30 Total Rugby Recent matches. 75371

12.00midnight international Cricket 28024

2.00 Poker Million 47753 4.00 You're On Sky Sports! 90005

SKY SPORTS 2

6.00am Aerobics Oz Style 3355791 6.30 Shift Adventure Snowriders 1996913 7.00 Aerobics Oz Style 3963710 7.30 Shift Adventure Snowriders 3959517 8.00 Sports Unlimited 7345772 9.00 Shift Adventure Snowriders 5802410 9.30 The Dogs 9280352 10.00 Poker Million 9277888 12.00noom The Dogs 5707866 12.30 Shift Adventure Snowriders 9291468 1.00 Football Asia 3962081 1.30 Champions League 9290739 2.00 Champions League 2509517 2.30 Champions League 9518371 3.00 Champions League 2511352 3.30 Champions League 9697888

4.00 UEFA Champions League 9609623 4.30 UEFA Champions League 9605807 5.00 UEFA Champions League 2523197 5.30 J League Weekly 9696159 6.00 Live UEFA Champions League FC Copenhagen v Manchester United (Kick-off 7.45pm). All the action from the Group F clash at the Parken Stadion, where United can secure heir progress to the knockout stages. The visitors have achieved three wins from their first three matches to put them in control of the group, and another victory would guarantee their place in the last 16. 9062371 11.00 Transworld Sport Action and features from around the globe. 3949130 12.00midnight Show Jumping 7331579 1.00 Champions Tour Golf 4768579 2.30 European Tour Weekly 2720956 SKY SPORTS 3

6.30am World Pool League 59686710 7.30 Golf 14172265 8.00 European Seniors Tour Golf 31386468 9.00 European Challenge Tour

10.00 Live Tennis Paris Masters. 91572130 10.00pm World Of Golf The latest news from across the globe. 52283913 11.00 Champions Tour Golf The Charles

Schwab Cup Championship. 47798739 12.30am European Tour Weekly 75468550 1.00 World Ten Pin Masters 47734531 2.00 Irish Greyhound Racing 49936647 2.30 Total Rugby 49948482





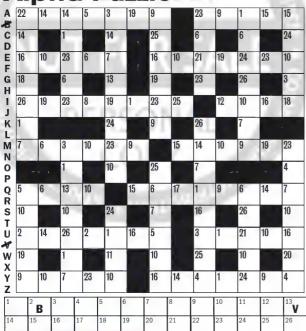


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DIFFICULTY: 6/10: TARGET: 21 mins: CLUE: Endless evidence about plunge

YESTERDAY'S SOLUTION: Across: Fist, Academic, Enamour, Tramp, Ingot, Marque, Lackey, Gazebo, Pommel, Paste, Order,

Vantage, Darkness, Tent. Down: Flexible, Bold, Slang, Chowder, Jostle, Moron, Chrome, Gloves, Deter, Append, Measure, Spare (clue), Cope, Movement.

EXTRA LETTER CLUES: 0906 751 3120

(Hear up to six extra letters, deduct two minutes for each clue letter heard)

- Alternatively, text DSALPHA to 86100 and we will text the six extra letter clues direct to your mobile
- Texts cost £1 plus normal network operator rate

FULL SOLUTION: 0906 751 3121

Fill in each step with a genuine word, changing one letter at a time as you climb down from the top word to the bottom one. The definitions, not necessarily in the right order, will help you find the answers.



SQUARE DANCE	the letters to form another word, and enter it into the grid. There may be more than one anagram, so be careful! If you have done this successfully, reading down the shaded column you will find a wild flower.									
1 Fear										
2 Inexpensive										
3 Alcoholic apple	drink					Π				
4 Home office										
5 Team race										

Who is the sea captain in Peter Pan?

Which Hitchcock 2 thriller featured James Stewart and

John Dall caught up in murder?

Mohamed Al Fayed 3 resurrected which satirical magazine?

Which work of fiction features the adventures of Frodo?

5 Who is credited with the invention of the telephone?

SUDOKU

		Г				ů.	10
4	9	5	6	2	3		7
8	7			6	5		4
9	2	7	Å	ņ	6		8
1	95	71	- (1	4		5
3			9	8	7		2
5	Т		7		Г		3
	37.		3				
2	-		8				9

Fill the grid so that every col row, and 3x3 square incluall the digits from 1 to 9. LEVEL: Moderate TARGET: 24 min

ECTEDDAY'S SOLUTION

TESTERDAT S SOLUTION								
3	6	4	9	2	5	7	8	1
5	2	9	7	1	8	6	4	3
8	7	1	6		4	5	2	9
7	5	3	2	4	9	8	1	6
1	8	6	3	5	7	2	9	4
9	4	2	1	8	6	3	5	7
2	3	5	4	7	1	9	6	8
6	1	7	8	9	2	4	3	5
4	9	8	5	6	3	1	7	2

MISSING LINK The words, in the

YESTERDAY'S ANSWERS

correct order, are: raCe, gUn. Mail. Back, jackEt. deeR, Soup, sOda, Moon, bEet. Reading down the shaded letters is: CUMBERSOME.

YES I QUILL

Pictures 4 and 5.

TOMORROW'S

Call 0906 751 3125 for today's solution. wo-way Tease Calls cost 75p per minute from a BT landline

- CRYPTIC CLUES
 ACROSS
 1 Press officer has word for a
- saying (7) 5 Drunk is not slack (5) 8 A fool recalls time inside
- 8 A fool recalls time inside
 (3)
 9 A convention of wellbehaved individuals (9)
 10 Tall girl, we are told, is a
 beast (5)
 11 Map idol can convert into
 certificate (7)
 13 He chases fool in dress (6)
 14 Coarse description of
 badger's home? (6)
 17 Fever for girl around Los
 Angeles (7)
 19 The sort of bear that's big
 in the sky (5)
 21 Name a club which organises emergency vehicle (9)
 23 Fashionable point
 observed in hotel (3)
 24 What a woman brings to a
 union (5)

- 25 Tyre you should have to walk again (7)
 DOWN
 1 Steal a bit of salt (5)
 2 It's bubbling away applied to swelling? (2,3,4)
 3 Nonsense that removes the crit? (7)
 2 O Adjusted set, but not only to hear music! (5)
 2 (20 Id weapon in middle of

- 3 Nonsense that removes the grit? (7)
 4 They could be Venetian at the French window! (6)
 5 Hut smashed by politician with a heavy blow (5)
 6 Obtain time, for example, when climbing (3)
 7 Knock they'll absorb in treatment (7)
 12 Included in the team as a minor interest? (2,3,4)
 13 Sort of performance you're 13 Sort of performance you're ordered to give? (7)
- to hear music! (5)
 22 Old weapon in middle of
 London (3)
 QUICK CLUES
 ACROSS
 1 Adage (7)
 - 5 Mean (5) 8 A fool (3) 9 Rules of correct behaviour
 - (9) 10 Wild dog-like animal (5)
 - 11 Examination certificate (7) 13 To dress or attire (6) 14 Coarse or crude (6)

YESTERDAY'S SOLUTION: ACROSS – 1 So far so good, 7 Arm, 9 Exercises, 10Topic, 11 Messy, 14 Tidy, 15 Area, 16 Torrent, 17 Nosh, 19 Opal, 20 Madam, 23 Riffle, 26 Daily help, 27 War, 28 In a nutshell. DOWN – 1 Skeleton crew, 2 Feel, 3 Ruche, 4 Oasis, 5 Oust, 6 Dapper, 8 Michael Aspel, 11 Myth, 12 Scrum, 13 Yield, 15 Atom, 18 Safari, 21 Adieu, 22 Abyss, 24 Edna, 25 Were.

Extra clues: 0906 751 3123 Today's solution: 0906 751 3124 Caits 75p/min 8T landlin

- 15 Increase shown by men in a gut development (7) 19 Impressive or striking (5) 16 He won't let you have a flag 21 Vehicle for the injured (9)
 - 23 Pub (3) 24 Marriage gift (5) 25 Kind of tyre (7) DOWN
- (6)
 18 A race to transmit (5)
 20 Adjusted set, but not only to hear music! (5)

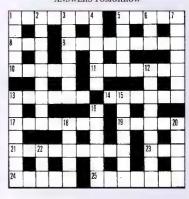
 - DOWN

 1 Nip (5)
 2 Seething (2,3,4)
 3 Nonsense, rubbish (7)
 4 Covers for the windows (6)
 5 Heavy blow with the hand

 - 6 Acquire (3)
 7 The treatment of disease
 - (7) 12 As a subsidiary source of income (2,3,4)

 - 13 To order (7) 15 To increase, make larger (7) 16 Demonstrator's placard (6)
 - 18 Kind of team race (5) 20 Adjusted to the right pitch
 - (5) 22 Decorative tie in ribbon (3)

Two sets of clues but the answers are the same ANSWERS TOMORROW



SUTTON/S to



Sad for being a bitch

I WAS horrible to my boyfriend and we split up, but now I want him back. We'd been together for three years and lived together for almost a year. I know I was a bitch, but I couldn't stop myself. I'd nagged him nonstop and shouted at him if he got home late. In bed, I'd been as cold as ice and we hadn't had sex for a couple of months. In the end, I told him if he couldn't

in the end, I told him if he couldn't behave then he could move out. He said he didn't

He said he didn't know what he was doing wrong so there was no way he could change. So I packed his bag and threw it out of the whidow. Now, a couple of weeks on, I so regret how nasty I was. I miss him like mad, but he won't answer his phone. I know he's living with a mate, but someone told me they'd seen him out with another girl. I'm now panicking that I'll never get him back. What can I do?

JANE SAYS: Are you more upset about how you treated him or the fact that he may be seeing someone else? I get the feeling that you don't really want this guy, but don't want anyone else to have him either

im either. You treated him like

dirt, so I'm not surprised he doesn't want anything more to

do with you.

By all means try to beg his forgiveness.
But if he doesn't want to know, then you are simply going to have to accept his decision.

FE - BUT SHALL

I WENT to a school reunion and ended up having sex with a former girlfriend I hadn't seen for 12 years.

I'd lost my virginity to her in her bedroom while we were bunking off maths - her parents were at work at the time.

We were inseparable for three years but lost touch after leaving school because we both went off to

school because we both went off to different colleges. However, when I walked into the reunion, she came straight over and she hadn't changed a bit. It seemed natural for us to be together all night and since we were both staying at the same hotel (we've both moved miles away from our old home town), it was also natural for her to come to my room to have a drink afterwards.

Amazing

And then we ended up in bed. It was amazing and I felt like I was 16 years old again. We made love for hours for hours.
When she drove off the following

morning, I felt really sad. I slowly made my way home to my wife, who hadn't come with me because was looking after our three children

children.

Meanwhile, my ex-girlfriend drove home to her lonely flat. She'd never got married, because she'd concentrated on her career for years. It turns out that we don't live

that far from each other and I'm so tempted to ring up my ex-girl-friend and invite her out. I know I

still want her in my life and I reck on I could keep it all above board by making it plain from the start that we wouldn't be having sex again. And, of course, I'd tell my wife.

WIIe.
But I don't know how my wife
would react. What's the best way
to tell her I met my ex and want to
keep in touch with her?

JANE SAYS: Are you seriously out of your mind? For a start, there is no way you will keep your relationship with your ex out of the bedroom.

of the bedroom.
You've already had sex with her once and I am totally confident that you will want to have sex with her as soon as you see her

with her as soon as you see her again.

Secondly, it's going to look pretty suspicious to your wife if you only tell her some weeks after the event that you met up with your ex at the reunion.

Surely if nothing happened you'd have told her as soon as you got home?

you got home?

Forget your stupid plan and don't be tempted to call your ex-

girifriend.
Wipe her number from your phone's memory and you will have removed that temptation.
You have treated your wife and children very badly and I suggest you make a huge effort to keep them all happy.
Your ex may have made you feel like a schoolboy again, but you're not – you're a grown man with a wife and children.
And these are your responsibil-

And these are your responsibil-ities. So don't be tempted to let them down just because of a bit of nostalgia.



Lover can't keep au ti

I LOVE my boyfriend dearly, but he has a real problem getting an erection and keeping it. We've been living together for five years and I'm beginning to think I don't turn him on any more.

From the first day From the first day we met, we've had sex almost every day. But in the past year or so we've both been getting more and more frustrated, because it takes him ages to get an erec-tion, then he loses it very mickly.

tion, then he loses it very quickly. He's only 29 and it's not as if I've piled on loads of pounds since we've been together, so what's going on? We've seen Viagra advertised over the net. Would it be worth trying?

worth trying?

JANE SAYS: For a start, never buy drugs over the internet because you just don't know what

don't know wnat you're getting. Viagra is suitable in some cases, but not all. Your boyfriend could pop to his GP and discuss the prob-lem with him. If Viagra could help, he may

lem with him. If Viagra could help, he may prescribe it.
There are loads of reasons why your boyfriend could be having problems.
Stress, heavy drinking and some medicines can all olay a part can all play a part.
I suggest you contact the Impotence

Association on 0870 7743571 and see what they suggest.

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Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

Erotic dreams of office hun

I HAVE a huge crush on a guy at work and I'm feeling like a lovesick teenager, rather than the 25-year-old I really am. He is absolutely gorgeous and so sexy, and I'm having the most erotic dreams about us having sex.

When he comes into the office, my heart starts beating very fast and my hands go all sweaty. He only has to smile

wery last aid in plants go an sweary, re only has to shifle at me and I nearly faint.

We work closely together on several projects and he flirts with me in such a way that I think he'd be up for it if I gave him the word. But he has a girlfriend and I don't know where I stand.

JANE SAYS: This guy knows just how you feel about him and is playing with you. I expect it gives him a huge thrill to know that you find him so attractive. I'm sure that if he was going to make a move on you, he'd have done so by now.
And he's got a ginfriend. So stop thinking about him sexually and get him out of your system by finding someone available to replace him in your thoughts — and hopefully your bed!

CAUGHT HIM OUT Day three









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Aries

(Mar 21-Apr 20)

YOUR faith in others is about to be restored Though its impossible to predict how. In the meantime, you may find someone's attitude a bit mean and you know how superficial they can be. A financial project should be pursued today. There is no reason to feel discouraged. To see why every cloud has a silver liping call cloud has a silver lining, call...

To receive daily texts send DSARI to 85100

0906 751 5771 (01) *

(May 22-June 22)

Taurus

MORE domestic strife is indicated, unless you manage to move away. You will be participating in an event later this week. This may require you to call on a friend. Why shouldn't you get together? The main question is whether a partnership can last. To see why relationships are less trouble than you think, call...

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Gemini

YOU need to remain composed, despite a sense of disquiet, particularly at work. Yet you cannot fail to make your mark. It's you who may fall flat or could do with a tonic. Meanwhile, a marketing plan could prove effective today. You can add a lot to a situation. To see why you will be praised to the hilt, call...

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0906 751 5771 (03) *

Cancer

(June 23-July 23)

YOU could profit from a loved one's good fortune. The problem is, you'll have to agree to their terms today. At the same time, you might have a tendency to poke your nose in where it doesn't belong. Just be yourself at the moment and someone will come running to you. To see why you should look for a prize, call...

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0906 751 5771 (04) *

Leo

(July 24-Aug 23)

THERE may be a dispute over ownership or property. But with Saturn in Leo challenged by Mercury what you are really arguing about is a quality of life, which should eventually improve. Unable to believe a business partner? Not for much longer, though you need to draw up a plan of action. To find out about changing fortunes, call...

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0906 751 5771 (05) *

Virgo

(Aug 24-Sep 23)

OTHERS will finally come clean after lying. However there is something more significant in the pipeline but you must stick to a plan to reap the rewards. Even if what happens today slows you up, this is actually a day to take stock and count your blessings. To see why you can expect good news, call...

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Libra

(Sep 24-Oct 23)

IN some ways, you can take what you need without it damaging your bank account. Maybe you had forgotten what one wants. Don't worry about your cash flow – just choose your friends carefully. What you rom someone close is better than money. To hear from someone why you will profit from your experiences, call.

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0906 751 5771 (07) *

Scorpio

(Oct 24-Nov 22)

BECAUSE Mercury in Scorpio is now challenged by Saturn, you are entitled to have a moan. Don't be surprised if those in authority talk down to you today. Emotionally, you can put up with just about anything at the moment. A blossoming relationship is on the horizon. To see why you are extremely sensitive, call...

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0906 751 5771 (08) *

Sagittarius (Nov 23-Dec 21)

NO doubt you will feel connected to certain people. And you won't need a map! Unfortunately this could upset your daily routine and make you anxious. You will finally get an answer from someone about a question that's been bothering you. Don't judge a book by its cover. To see how you can accommodate everyone, call....

0906 751 5771 (09) *

Capricorn (Dec 22-Jan 20)

YOU appear to be looking forward to a particular function. Just the sort of thing to do on rainy days. However, you may have to answer to somebody who refuses to let you off the hook today. But people are waiting for you to make a dramatic entrance – and you won't disappoint. To see why it's your life, call...

To receive daily texts send DSCAP to 85100

0906 751 5771 (10) *

(Feb 20-Mar 20)

Aquarius (Jan 21-Feb 19)

A DAY when you may have difficulty in getting others to listen to your opinions. Tell them to shut up. A goal of yours is within sight. Uranus your ruler could satisfy your demands and even change the outcome of a situation that you thought had passed you by. To see why you should ask for the Moon, call...

send DSAOU to 85100

0906 751 5771 (11)

Pisces

EVERYTHING appeared to be going smoothly. However, you may be forced to rearrange your plans – unless you can pull something miraculous out of the hat today. It's important

to remain connected with someone because they are about to put a mega-deal your way. To see why you will be leaving shortly, call..

send DSPIS to 85100

0906 751 5771 (12) *

When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Subscribe to receive Justin's daily texts to 50p per message per day egle xt DSARI to 85100. You will be sent one new message daily. This is a subscription service — it will cost you 50p per day until you text your star sign's code followed by STOP, eg DSARISTOP to 85100. For help call 0870 834 7549.







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Trucker Dan
lorry drivers r not thick not fat an defo not tossers! Its people in cars that cut us up. 97% ov crashes r caused by cars. Tut man

cars. Tut man
i drive a horsebox
and find lorry drivers absolute gents.

and find lorry drivers absolute gents.

Karen, Manc
oi punisher, lorry drivers are some of the hardest working people in the country.

people in the country.

Most dangerous things on our roads are taxi drivers. Steve

to the punisher. Us lorry drivers rule the road you silly boy. Were

to the punisher. Us lorry drivers rule the road you silly boy. Were bigger and better. micwrd agree with the punisher lorry drivers think they own roads. terry all lorrys should stay in inside lane on motorways. rightputter the punisher, my driver disagrees. he says hes not fat, hes big boned. mick, east london is it just me or does anyone else get peed of with other drivers not moving in for you when there is a parked car on your side. annoyed Hooray the cold weathers coming i get to drive my gritter again! Rupert t bear @ chester Scots are using britain to rule the world. Is this your agenda, mr bliar? ghost writer.

religion is the biggest reason for racism! if there were no religions there would be no reason for

arguments between different races!

arguments between different races!
samjay!

Why make flag burning an offence
if you can not even fly the the
british flag? anon

ricky the bricky, same on our site—
people saying hitler should have
won the war. riff

2 anon in ohow u feel worked til 63
told i hav cfa (lung probs) ive
NEVER SMOKED 3yrs 2 live. illphil
when the government start charging green taxes will they also
reduce benefits? if not then i might as
well stop work now. MPR
so tony blair, yor gonna sacrifice 10 family holidays abroad
a year and bein driven
avear and bein driven
around to save the planet? yt, lincs
if the csa has been
finished how come
they are still bleeding
me dry? mexican

Get rid of human
rights law, set up
boot camps 4 teenage
yobs. They must learn
respect flash
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yobs. They must learn respect. flash was the 1st one to donate my testimonial money, raised over a million 4 hospital in suniun! QUINNY cookie, bulmers and magners r by the same company! pub landlord DRINK REAL CIDER, CLOUDY FARMHOUSE CIDER. NOT THAT FIZZY GIRLIE STUFF. SEMI 2 All u babysham drinkin tossers. Get on the thatchers! Only then can u call yerself a man! JAMMER re. alan manc, im a manc n live in liverpool. Love it, better than manchester any day. Gary, huyton 2 nightfreak, i'm with moki, love soft sexy curvy ticklish bare feet, hmmm lovely, keep textin moki. JEZ leave moki alone man! More girls in high heels DS! HARRY sportacus, so if i had several apples and somel gave me a few more how many would that make? PP n el no how 2 replace fry ups, chips, burgers, pies etc? i need 2 loss esveral stone. c Iyon, wigan What time is it please anyone?





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ONE Sunday morning, a little girl asks her dad: "Where does poo come from?"

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just ate breakfast? "Yes," replies his daughter.
"Well, the food goes into our tummles and our bodies take out all the good stuff, and then whatever is left over comes out of our bottoms when we go to the toilet – and that is poo."

The little girl looks shocked and stares at him with watery eyes in silence for a few seconds, then asks: "And Tigger?"

Mr B. PARSONS, Bromley, Kent.

Mr B. PARSONS,
Bromley, Kent.
TWO blokes are talking in a pub.
One says: "How much do you
think Rod Stewart is worth?" His
pal says: "Dunno, but I hear he's
got a pretty Penny."
R. WHITE, York.

Text DSJOKE (space) name and joke to 82100.

A

THERE'S a tenner for the best letted day, and a fiver for every one we print. Drog us a line at Readers' Letters, Daily Star, 10 Lower Thames Street, London EC3R 6EN. You can also fax us on 0208 612 7960 or e-mail: StarLetters@dailystar.co.uk

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THE sooner we get out of the EU and reclaim our nation the better. Thanks to the Eurocrats, we no longer have control over our

borders and our judicial system is a joke with crime rampant.

rampant.

Add to this a few touchy Muslims telling us how to behave and our whole country's in a mess.

ALAN ANDREWS, Bristol.

TONY Blair has already devalued the honours system by giving Mick Jagger a knighthood for prancing around on stage, making a noise and a fortune. stage, fortune

fortune.

Now there's talk of him giving a knighthood to David Beckham for being paid more each week to play football than medical staff get in a year. Why? Beckham has won nothing for his country.

LEONARD ROBINSON.

LEONARD ROBINSON,
Cardiff.

I RECKON Borat looks
uncannily like classic movie
comedian Groucho Marx. The
only difference is that Groucho
was actually funny.

Mrs M. TOWNSEND,
Harrow, Middx.

APPEAL

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a plea 2 itv bosses – take sharon osbourne + rooneys bird 2 the jungle and please LEAVE THEM THERE. CHELSEA STEVE

to matt baylis the royle family is a national institution. and after ur rubbish review of it u shud be in one! phil, billingham

2 tv critic matt baylis, myself and family laughed our socks off at royle

family tony, battersea

Jonathan ross talentless, how he's been on tv 4 so

how he's been on tv 4 so long amazes me pete, cambs longlegs, the prog was dangermouse and the toad was silus greenback! CLOWN Best cartoon theme tune ever? Extreme Dinosaurs, intro gets your head nodding and your foot tapping for sure! Victor & hugo

scissor sisters are ace band! jake shears is god-dess! mark kane, hamilton

dess! mark kane, hamilton
jus bought meatloafs new
album. Blew me away
what a legend. W, carlishe
Pity Oasis didn't Stop The
Clocks back in 1995 when
anyone gave a sh*t Gante
to tufte. dont forget best
band ever the stranglers.
daninblack, stourbridge
anyone know what the
horse was called in black
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